GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent
How to Save Time in the Kitchen

The heart of homemaking activities is usually in the kitchen. Women probably spend more time there than in any other room in the house. That is why efficient work methods are particularly important in this area. PLANNING AND ORGANIZATION. The key to saving time is regular planning. Have a special corner to plan daily schedules of activities, menus and shopping lists. Write these in a notebook as a reminder and for future reference. Other family members may also be willing to make suggestions if you keep a memo pad handy. Don't confine all planning to one place or time of day but think of ways to ease chores as you go along. For example: *Think of all the items you will need at one time before opening the refrigerator and take them out together.

*Organize food shelvs so that different food categories -- vegetables, soups, desserts, seasonings - are grouped together. Selection of what you want is faster this way and, when preparing shopping lists, you can tell at a glance which supplies are running low.

*Have a filing system for loose recipes and menus.

*Fasten a magnet to a metal cabinet door to hold recipe cards or clippings for easy viewing when cooking.

KITCHEN EQUIPMENT. Housewares departments of stores have many tools and gadgets designed for specific uses. With some, you can do a better job in considerably less time than if you improvised with a standard tool. Some examples: *A Vegetable-and-fruit parer is better than a knife for speedy removal of paper-thin parings from vegetables and fruits.

* A notched-tooth opener for loosening screw tops and twist-off caps saves time and temper.

*A speeil one-piece key opener flips open lids on vacuum-sealed jars and bottles with a twist.

*A suitable measuring tool in each canister saves having to find and wash one each time you measure.

*A kitchen funnel avoids spilling and extra work when pouring liquids, flour, salt and other items into na.row-necked containers.

*A one-piece aluminum ice-cream dipper is handy if you serve this dessert often. It does not require rinsing after each scoop - ice cream does not stick to it. (To eliminate the frustrating job of searching through a drawer crammed with tools and gadgets each time you need one, mount them on a pegboard or a tool rack) Other useful kitchen items:

*A kitchen timer is excellent to remind you when cakes, steak, eggs, etc. are done. It also enables you to concentrate on other chores.

*A portable cutting board saves countless steps. For example, take it to the sink for preparing salads, to the range for carving, etc.

*An electric mixer and attachments can be used often if they are kept handy.

*An electric defroster takes most of the drudgery out of defrosting and reduces the time needed for this tedious job. An electric fan can also be used for this task.

*Magnetic potholders cling to the range and are always within reach.

RECIPE OF THE WEEK

Banana Split Cake

Crust: Mix and spread on bottom of 9 x 12 pan.
2 cups graham cracker crumbs
¼ cup sugar
¾ cup melted butter

Filling: Beat in small bowl:
2 whole eggs
2 cups confectioners' sugar
1 stick butter-softened
1 tsp. vanilla

spread on crust

Slice 3 large or 6 small bananas over above. Spread 1 large can of drained crushed pineapple over bananas. Top with large container Cool Whip. Optional-decorate with nuts or cherries or both. Chill one hour at least.

FREE WORLD FRIENDSHIP WEEK
April 21-27

Rocks

APRIL 21 - Seems like April stole some days from March last week the way the wind blew.

Mrs. Margaret Tolley had some friends from Anchorage, Alaska, to visit her for a few days recently.

The youth choir of Rocks went to Central Tuesday night to furnish special music for the revival.

Mrs. Ruth Caldwell. Mrs. Rachel Ranson and Cassie Baldwin attended the Consumer Education Forum at Ramada Inn in Lynchburg Wednesday.

Walter Shelton, Jr. entered Lynchburg General Hospital Wednesday.

A speedy recovery is wished him.

Mrs. Toby Inge and Mrs. Kenneth St. John were in Farmville Friday.

Howard Arrington who is in Grace Hospital in Richmond, had operation last week. A very speedy recovery is wished him.

The Rocks Extension Homemakers Club will meet with Mrs. W. R. Moore on May 1 at 7:30 p.m.

Mr. and Mrs. Glenn McIntosh left Friday afternoon to spend the week end with Mr. and Mrs. Wade, of North Carolina.

A number of the youth went to Eagle Eyrie for a Prayer Retreat Friday and Saturday. If you didn't hear their report Sunday night, you missed a lot.

Mrs. Lockie Martin fell at her home Friday night and was carried to a doctor at Appomattox where 10 stitches were taken in her forehead. She was lucky not to get any broken bones.

Mrs. Peggy Lewis got three fingers caught in a blender Friday night. A speedy recovery is wished these.

Zandra Crain was on crutches Sunday. She suffering with her knee. A speedy recovery is wished her.

Mr. and Mrs. Robert Roach were supper guests of their son, Stanley, and his wife, Estelle, Sunday night.

Walter Shelton, Jr. returned home Sunday afternoon after a few days' stay at the hospital.

Mrs. Dave Goin is at home from the hospital and is improving.

A number of Bible school workers met at the church Sunday afternoon for a meeting.

Annual WMU meeting at Bethel Church, Phenix on May 8, at 10:30 p.m. Ladies plan to attend. Congratulations to Steve Cobbs, Susan Morris, Ken Caldwell, Patty Roach and Luann Crain. Top winners at the 4-H Contest at Appomattox Saturday.

About six cars followed Herman Richardson and family to the Pamplin Drive-In Sunday night. It was chilly but the ice cream eat was wonderful.

Revival services will be held at Rocks Church on May 11-14 beginning at 7:30 p.m. each The Rev. James O. Weaver will be the guest speaker for these services.

There will be special music each eveing. Everyone is invited to attend.

FBLAer's Attend Convention

The Future Business Leaders of America held their 25th Annual Leadership Conference at the Hotel John Marshall in Richmond, April 18-20.

Miss L. Marguerite Crumley, former Supervisor of Business Education, addressed the group on: "Founded on Pride, Strengthened on Service."

At the general meeting Saturday Jamie Weaver, the 1975 March of Dimes Poster Child, was presented a check for $56,000. This money was contributed by the 212 FBLA Chapters in the state of Virginia.

The Appomattox Chapter was recognized Saturday night as an Honor Chapter at the Awards Banquet. The local chapter also received a certificate for their participation in the March of Dimes project.

Friday and Saturday night everyone enjoyed the special entertainment by the group "Harmony."

Shelia Franklin, Julie Moore, Joan Wright, Susan Hamlin, Janet Booth, Wanda Harden, Brenda Garrett, Charlene Rush, Betty Cheatham, and Advisors, Mrs. Beamer, Mrs. Holt, Miss Terrell, and Mrs. Alvis attended the Conference.

Sheila Franklin is holding the Honor Chapter Award and Julie Moore is holding the March of Dimes Certificate, both received at the State Convention.

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REVIVAL SERVICES
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Jaycees Prepare For First Annual Bluegrass Festival

The Appomattox County Jaycees are finding themselves rather busy these days in preparation for the county's **First Annual Bluegrass Festival**. This project is being presented solely by the Appomattox Jaycees and proceeds obtained from the event will be directed toward the support of county improvement activities. The two day event is scheduled to be held May 30th and 31st and the festival site will be Paradise Lake which is located approximately seven miles west of the town of Appomattox on U.S. Route 460. Entertainment will be provided by professional bluegrass bands well known in the bluegrass music field. The first program will begin at 7:00 p.m. May 30th and continue until mid-nite that same evening. The second program will get underway at 2:00 p.m. the following day, May 31st, and will also continue until mid-nite that evening. Admission for patrons 12 years of age and over will be $3.00 for Friday's event, $5.00 for Saturday's event or $7.00 for a combination Friday and Saturday ticket. Children under 12 will be admitted free. Rough campsites (i.e., no electrical, water or sewage hook-ups) will be available at no charge to holders of $7.00 combination tickets. Fresh water and sewage disposal facilities will be available however for everyone's use.

Henry Fulcher of Radio Station WFLO in Farmville will serve as Master of Ceremonies during the festival. The Jaycees will also operate a concession stand offering food and beverage. The Jaycees feel that an annual event of this nature would be of great benefit to the county and any cooperation offered by its citizens in helping to make it a success would be greatly appreciated.

Named Principal at AMS

Mrs. Hezteine Foster was honored with a breakfast given by teachers at Appomattox Elementary School library on Friday morning, her last day as Assistant Principal at AES. She was presented with a beautiful flower arrangement and an ash tray set.

Mrs. Foster has been appointed Principal at Appomattox Middle School for the remainder of this school session and for the 1975-76 school year. She will be replacing Mr. Daniel Davis who has resigned as Principal due to the condition of his health.

Working in the Appomattox County School System for approximately 20 years, she has been a teacher and was Assistant Principal at Appomattox Elementary School and Title I Director prior to being appointed Principal at the Middle School. She served in the position of Principal at Keysville Elementary School for one year.

Mrs. Foster assumed her new duties effective Monday, April 21, 1975.

Dr. Thompson Guest Speaker At Dinner-Meeting

A dinner and meeting was held at the Parkway Restaurant on Tuesday of last week, sponsored by Appomattox Dairy Supply, Southeastern Silo Company of Petersburg, DeMuth Steel Products, Company of Schelle Park, Ill., and Patz Equipment Company of Pound, Wisconsin.

In the photo above, left to right, present for the dinner meeting were Dr. Warren C. Thompson, guest speaker; Edwin Stanley, salesman at Appomattox Dairy Supply; Ned Stanley, salesman; and John Love, owner of Appomattox Dairy Supply.

After the dinner, Dr. Warren C. Thompson, agronomist, University of Kentucky, explained ways of cutting costs by producing higher yields in 1975.

A film was shown on liquid manure handling.

OAKVILLE AND LEE HOMEMAKERS EXTENSION

The Oakville and Lee Homemakers Extension Clubs will have a special Joint Workshop at the Oakville School on Monday, April 28, beginning at 9:00 a.m. Purpose of this workshop is to make curtains for the Oakville School cafeteria and kitchen and to clean the windows. A covered dish luncheon is planned. Members of both clubs are urged to attend.

Hollywood

Rev. Paul Balthaser brought a fine message Sunday night at Hollywood Church.

The youth had charge of the services Sunday morning. They did real well.

Mr. and Mrs. Harry Johnson of Vernon Hill, spent Sunday with Mr. and Mrs. L. H. Watson.

Mr. H. W. Jenkins went to see his mother, Mrs. Addie Jenkins and sister, Mrs. Ber Abbitt, at the Liberty Home and his brother, Julian Jenkins at Virginia Baptist Hospital Saturday. They all remain very ill. We pray they may soon be better.

Mrs. Ann Davis is a patient at Duke Hospital in Durham, N.C. Our prayers are with her and her loved ones.

We are very sorry to hear Toney Webb remains ill and pray he may soon be well.

Mrs. L. L. Webb is on the sick list. We pray she may have a speedy recovery.

Mr. L. L. Webb, Miss Joyce Webb, Miss Odell Webb visited their sister and aunt Sunday afternoon at the Holly Manor Nursing Home in Farmville.

Mrs. Ernest Morgan and Miss Nell Morgan, of Buckingham, visited Mrs. M. L. Covington Sunday afternoon.

Mr. and Mrs. Kenneth Deaner and daughters, Delorious and Dawn visited Mr. and Mrs. Rufus Wingfield and Kenneth in Roanoke and Mr. and Mrs. Bryant Walker in Salem Sunday.

Visiting Mr. and Mrs. R. M. Webb and family Sunday were Mr. and Mrs. Hal Webb of Richmond, Mr. and Mrs. L. F. Dayof Lynchburg and Mr. and Mrs. Martin Webb and Mrs. Thelma Martin of Appomattox.

Walker and Monroe Webb were visitors Sunday afternoon of Miss Nannie Webb of Pamplin.

Mrs. Monroe Webb and Mrs. Willie Craft went to see Mr. Julian Jenkins at Virignia Baptist Hospital Sunday afternoon.

Mr. and Mrs. Thomas Woodall and Lisa spent the week end in Covington with Mrs. Woodall's parents, Mr. and Mrs. Clarence Coffey and family. Mr. Coffey returned home with them and spent Sunday night.

MRS. SPHAR'S 5TH GRADE 4-H CLUB

In Mrs. Sphar's 4-H Club we talked on March 17, 1975 of Muscular Dystrophy. Mr. Sweet and Mr. Goldman said it would be fun to raise money for the Muscular Dystrophy by having a Walk-A-Thon. The 4-H members saw a film about Muscular Dystrophy. The 4-H members said they would try to come and try to get some people to sponsor us. The 4-H members say they will do their best.

Cindy O'Brien, Reporter

RETIRED TEACHERS TO MEET

The Appomattox County Retired Teachers will meet at the Parkway Restaurant at 12:30 p.m. on Tuesday, May 1. Mr. Paul Ghioto, historian of the Appomattox National Park will be the guest speaker.

Officers for the coming year will be elected and installed at this time.

All retired teachers in the county are urged to attend, and reservations for the luncheon may be made by calling Mrs. Mildred Alvis at 352-3281, or Mrs. Florence Trent at 352-8013.

GOSPEL SING SET FOR SATURDAY NIGHT

There will be a Gospel Sing sponsored by the Church of God of Prophecy on Linden Street Saturday night, April 26, at 7:30 p.m.

There will be special singing by the Gospel Trio and good singing by local talent.

Everyone is WELCOME!

MRS. GEORGE'S 4-H CLUB

In Mrs. George's class Wendy Lee, the President, brought the class to quietness. Sharon Cheatham and Jane Eagle led the 4-H and the American pledges. The Robin Bollinger and Robert Allen and the whole class played a puzzle.

Then Mr. Goldman and Mr. Sweet showed us slides on 4-H Camp.

Walter Drewry, Reporter

OAKVILLE EXTENSION HOMEMAKERS CLUB

The Oakville Extension Homemakers Club will meet on Thursday, May 1, at Oakville School. Mrs. Clark Moore and Mrs. Roland Smith will be the co-hostesses. The program will be Kitchen Space Savers, and will be given by Mrs. Katie Martin.

All members are urged to attend this meeting.

GIRLS ENROLLED IN CONSUMER AND HOMEMAKING II at ACHS had a special treat last Thursday, April 16. Alice Franklin, a ninth grade student at ACHS spoke to approximately fifty of her classmates about cake decorating for a professional look.

During her talk, she demonstrated various designs to decorate a cake then put them to use by decorating a cake she had made for her class. She used decorator tubes and cones to show how to form leaves, roses, trims and borders, as well as writing.

On Friday, Alice helped other FHA girls celebrate Teacher Appreciation Day in conjunction with FHA Week by serving her cake to teachers and administrators at the high school.

Alice and her mother are enrolled in the cake decorating class sponsored by the Appomattox County School System. She is the daughter of Mr. and Mrs. James W. Franklin of Vera.

FLOWERS FROM EGG CARTONS

Mrs. Alvis' second year students at the Appomattox Primary School learned to make flowers from styrofoam egg cartons. Parent volunteers, Mrs. Mary Hollings, center, and Mrs. Sadie Wooding, left, instructed the project. Sally Coleman, right, carefully watches. Each student enjoyed making a colorful flower.

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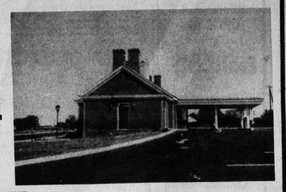

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